## **Self-Care Medallion**

SAMPLE

NAME: Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of STAYIN' HAPPY the medallion? KEEPIN' FIT Don't winds, secrets Jump rope of recess Driving water Smile at others Brush my teeth each night Wash my hands before eating

: I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL:

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